Belfast

POSITIVE AGEING FESTIVAL

A MONTH LONG CELEBRATION OF LATER LIFE

MONDAY 1st - FRIDAY 30th OCTOBER 2015

INCREDBLE! Most activities are FREE unless otherwise stated

Tell your friends about Positive Ageing Festival

BELFAST CELEBRATES POSITIVE AGEING

Join us for the festival launch at Belfast City Hall, take a tour and enjoy the Belfast Men’s Sheds exhibition

Friday 2nd October
10am - 12.30pm

Tell your friends about Positive Ageing Festival
Belfast is a bright and vibrant Age-friendly city, where older people are resilient and live life to the full.

Being resilient is easy. Follow these five simple steps every day to improve your health and emotional wellbeing:

Connect - with the people around you
Be active - exercise makes you feel good
Take notice - be curious about and appreciate the world around you
Keep learning - don’t be afraid to try something new
Give to others - do something nice for someone, smile or volunteer your time.

This citywide month long programme of activities is supported by Belfast Area Partnership Boards, Springfield Charitable Association, Age-friendly Belfast, Belfast City Council and Engage with Age.

Booking is essential for some events. Check venue details.
All events are subject to change.
Programme also available at: www.westbelfast-partnership.com

October is Positive Ageing Month and this festival is a celebration of the contributions older people have made and continue to make to their community, Belfast city.
There’s something for seniors ... and the young at heart to enjoy!
**1st - 4th October**

**Danderball**
Apvon Leisue Centre
11am - 12pm
Tel: Annie 90 502 073

**iPad Intro**
Suffolk Library
10am - 12pm
Pinagh Library
10am - 12pm
Tel: 90 509 235

**FRIDAY 2nd OCTOBER**
**Launch of Belfast Positive Ageing Festival**
Banquet Hall, Belfast City Hall
10am - 12.30pm
Everyone Welcome

**Saturday 3rd October**
**One Place, Many People**
Belfast Exposed Exhibition
Ormeau Road Library
Tel: 90 509 228

**Sunday 4th October**
**Ciclovia Belfast**
Botanic Gds. to City Hall
9am - 12.45pm
email info@pioneeer-group.co.uk

**Silver Sunday Walk**
Botanic Gardens
2pm - 4pm
Tel: Anne 90 502 073

**Time of our Lives**
2pm - 3pm
Radio Ulster

**12th - 18th October**

**Monday 5th October**
**Tree of Life Men's Shed**
Conway Mill
9am - 3pm
Tel: Geordie 07596 301381

**Tea Dance**
Andersonstown Leisure Centre
1pm - 3pm
Tel: 95 211 048

**Tai Chi**
South City Resource Centre
2.30pm - 3.30pm
Tel: Cathy 90 735 696

**Tuesday 6th October**
**Danderball**
Andersonstown Leisure Centre
11am - 12pm
Tel: Anne 90 502 073

**Lisburn Market Trip**
10am - 2pm
Tel: Roisin 07446 145653
Cost: £1

**Ladybirds Blanket Weaving**
Newhill Community Centre
10am - 12pm

**Editing Digital Photos**
Cregagh Library
11am - 1pm
Tel: 90 401 365

**Wednesday 7th October**
**Take 5 Interactive Day**
Belfast City Hall
9.30am - 3.30pm
Tel: Zahara 90 502 073

**North Belfast Men's Shed**
Open Morning
10.30am - 12.30pm
Tel: Geraldine 07850 651263

**Fishing Trip to Dromore**
Black Mountain Men's Group
10am - 2pm
Tel: Triage 07446 145653
Cost: £2

**Hugo Duncan Broadcast**
Fruithill Bowling Club
12.30pm - 3pm (Ticketed Event)
Tel: Triage 07446 145653

**Thursday 8th October**
**Inner South Belfast Older & Active Group**
Shaftsbyr City Community Ctr.
10am - 11am
Tel: Camilla 90 312 377

**Alzheimer's Society Memories Cafe**
Falls Library
11am - 1pm

**Friday 9th October**
**Adult Art Class**
Ligonial Community Centre
10.30am - 12.30pm
Tel: Ufrike 90 719 337

**Sunday 11th October**
**Silver Sunday Walk**
Belfast City Cemetery
2pm - 4pm
Tel: Anne 90 502 073

**Monday 12th October**
**Adult Reading Group**
Lisburn Road Library
8pm - 9.30pm
Tel: Nicola 90 509 223

**Tuesday 13th October**
**Be Prepared Event**
Andersonstown Leisure Centre
10.30am - 2pm

**Ladies TOWN Group Arts & Crafts**
Ballymacarthy CDA, Ormeau Road
10am - 12pm
Tel: 90 491 161

**Lisburn Market Trip**
Andrany Women's Group
10am - 3pm
Tel: Sally 90 743 536

**Wednesday 14th October**
**Plant Your Own Boot/ Shoe Workshop**
Donegal Pass Community Garden
11am -1pm
Tel: Stephanie 90 244 070

**Tea, Bingo & Skin Health Session**
St John Vianney Club
Balfour Ave
2pm - 4pm
Tel: 07833 717931

**Thursday 15th October**
**Eat Well Bingo & Talk**
Dee Street Community Centre
2pm - 4pm
Tel: Lawrence 90 735 698
Cost £2

**Dementia Friendly Church Service**
Shankill Church of the Nazarene, Azamor Street
11am
Tel: 07773 444859

**Dance Westival**
St Marys, UCB
12pm - 2pm
Tel: Brignie 90 235 790

**Friday 16th October**
**Movie Matinee**
The Best Exotic Marigold Hotel
Belfast City Hall
2pm
To register, email: mcvoyg@belfastcity.gov.uk

**Community Cycle**
Shillworth East Cycle Club
10am
Tel: Alan 90 451 512

**Sunday 18th October**
**Silver Sunday Walk**
Woodvale Park
2pm - 4pm
Tel: Anne 90 502 073

**Sunday 25th October**
**Silver Sunday Walk**
Orangefield Park
2pm - 4pm
Tel: Anne 90 502 073

**26th - 30th October**

**Monday 26th October**
**Senior Circuits**
1.30pm - 2.30pm
Fit 4 Life Centre
Tel: 90 333 527

**Cookery Class**
10am - 12pm
Concorde Community Centre
Tel: Kim 90 712 450

**Tuesday 27th October**
**Danderball Tournament**
Andersonstown Leisure Centre
10am - 2pm
Tel: Anne 90 502 073

**Senior Dance Lessons**
Glen Community Centre, Lenadoon
10.30am - 12pm
Tel: Triage 07446 145653

**Wednesday 28th October**
**Celebrating Mexico**
Connections
Ulster Museum
6pm - 9pm
Tel: 0845 608 0000

**Intergenerational Games**
Falls Library
2.30pm - 4.00pm
Tel: Andrew 90 509 212

**Thursday 29th October**
**10 PIN BOWLING**
Dundonald Ice Bowl
11am
Tel: Lawrence 90 735 698
Cost £1

**Friday 30th October**
**Soil to Soup & Pumpkin Carving**
Donegal Pass Community Garden
10am - 1pm
Tel: Stephanie 90 244 070

**Social Friday**
**Lunch & Entertainment**
Brantwood Football Club
1.30pm - 6pm
Tel: Justine 07736 773013
Cost £3